

Welcome to the Vance minute. I'm Joe B. Wiles with the Public Affairs Office...

Flu season is in full swing. But according to the Air Force Medical Service and the Centers for Disease Control and Prevention, there is a lot you can do to avoid, or at least limit, the impact of the flu virus on you and your family this season.

The flu virus affects the nose, throat, bronchial airways and lungs. It is spread by droplets released by an infected person when sneezing, coughing or talking.

These droplets can thrive on surfaces and can infect you when you touch the contaminated object and then your face.

The most effective method of protection is getting a flu shot. Then wash your hands regularly with soap and water. Avoid touching your mouth, eyes and nose, and keep at least three feet from people who are feeling symptomatic.

Finally, take care of your body by exercising, eating well and getting six to eight hours of sleep per night.

On behalf of the men and women at Vance Air Force Base, may your 2015 be filled with health and happiness... so you CAN have a great Air Force day.